

## **WEBSITES: Adolescents/Young Adults (English)**

### **► Web Transition Resources for Adolescents or Young Adults**

#### **4 Girls Health – <http://www.girlshealth.gov>**

Sponsored by the United States Department of Health and Human Services and the Office on Women's Health, the site has useful health-related information for teenaged girls, and includes pages devoted to illness and disability and transitioning from adolescence to adulthood for young women with disabilities.

**Access Living Youth Center – <http://www.accessliving.org/>**, click on “Youth & Education in the right-hand menu. Across the country, young people with disabilities need information that will empower them to advocate for the lives they want. At this website, there is information by and about people who know what it's like living life with a disability. There's REAL information for REAL life with a disability: stuff about dating, activism, getting news, disability pride, and more. Some of the information on the web site pertains to Chicago-area activities and services, but there also is general information, especially in the first three menu items on the left-hand side of the home page, that is interesting and helpful.

#### **Casey Life Skills – <http://caseylifeskills.force.com/>**

Sponsored by the Casey Family Programs and affiliated with the Annie E. Casey Foundation, a private, not-for-profit organization devoted to serving children in foster care and children who are at risk for poor educational, economic, social, and health outcomes, this web site provides free and useful tools to help young people prepare for adulthood. Resources include personal assessments in English and Spanish, a life-skills learning plan, a listserv registration opportunity, and many other resources. Account registration is offered free of charge.

#### **FYI Transition – <http://www.fyitransition.net/>**

Sponsored by the University of Florida and the Florida Developmental Disabilities Council, FYI Transition is an interactive Web site with written, audio and video materials about many aspects of transition for students, parents, and professionals. Some materials also are available in Spanish.

#### **Going to College – <http://www.going-to-college.org/>**

Sponsored by Virginia Commonwealth University through funding provided by the U. S. Department of Education Office of Special Education and Rehabilitative Services, this Web site contains information about living college life with a disability. It's designed for high school students and provides video clips, activities, and additional resources that can help get a head start in planning for college. Through interviews, students can hear firsthand from students with disabilities who have been successful.

#### **Kids As Self Advocates – <http://www.fvkasa.org/>**

Kids As Self Advocates (KASA) is a national, grassroots project created by youth with disabilities for youth. They are leaders in their communities, and they help spread helpful, positive information

This resource, provided through the 13<sup>th</sup> Chronic Illness and Disability Conference: “Transition from Pediatric to Adult-based Care,” is used with permission from Baylor College of Medicine, Houston Texas.

among their peers to increase knowledge around various issues. They are teens and young adults with disabilities speaking out. KASA knows youth can make choices and advocate for themselves if they have the information and support they need.

**National Collaborative on Workforce and Disability for Youth** – <http://www.ncwd-youth.info/>

Sponsored by the National Collaborative on Workforce and Disability, NCWD/Youth is based at the [Institute for Educational Leadership](#) and supported by a grant from the U.S. Department of Labor's [Office of Disability Employment Policy \(ODEP\)](#). NCWD/Youth is a source for information about employment and youth with disabilities. The site provides information and resources for youth and families geared toward increasing understanding of policy and practice issues regarding youth with disabilities in the

workplace. Materials developed by NCWD/Youth are organized around what young people need to be successful in the workplace.

**Starbright World** – <http://www.starbrightworld.org>

Sponsored by the Starlight Starbright Children's Foundation, Starbright World is an online social network for seriously ill teens and their siblings that has provided thousands of sick teens with peer support through chat, instant message, bulletin boards, blogs, a message center and other tools. Users between the ages of 13 and 20 who are at home or in the hospital can register on Starbright World at no cost. Explore this service at where teens can connect with thousands of their peers who are battling similar diseases and conditions. The site is also offered in Spanish and in French.

**Think College** – <http://thinkcollege.net>

The site is made possible through grants from the National Institute on Disability and Rehabilitation Research, the Administration on Developmental Disabilities, the Office of Special Education Programs and the Office of Postsecondary Education. The site provides information about college possibilities for students with intellectual disabilities. The site is divided into sections for [students](#), [family members](#), and [professionals](#).

**Youthhood.org** – <http://www.youthhood.org/index.asp>

Sponsored by the National Center on Secondary Education and Transition (NCSET), housed at the Institute on Community Integration (ICI), University of Minnesota, and funded through the U.S. Department of Education office of Special Education Programs, “Childhood meets adulthood at youthhood,” is the motto for this site. The site is a curriculum-based tool to help young adults with disabilities plan for life after high school. It provides information on transition topics such as education, jobs, rights and public policy at no charge. Youth or teachers also may register free for additional tools and services.

**Instructions to Transitioning Adolescents/Young Adults Regarding Being Self-Advocates developed by Florida Health Care Transition Services Task Force for Youth and Young Adults with Disabilities=given at websites below:**

This resource, provided through the 13<sup>th</sup> Chronic Illness and Disability Conference: “Transition from Pediatric to Adult-based Care,” is used with permission from Baylor College of Medicine, Houston Texas.

<http://hctransitions.ichp.ufl.edu/>

"When You're 18 - A Health Care Transition Guide for Young Adults" is a product of the Health Care Transition Initiative of the Institute for Child Health Policy (ICHP) at the University of Florida.

- [English - PDF \(1.4 MB\)](#)
- [Spanish - PDF \(1.4 MB\)](#)

<http://hctransitions.ichp.ufl.edu/gladd/>

"Talking With Your Doctor and Other Health Care Professionals" developed by Florida's Title V CSHCN Program.

This resource, provided through the 13<sup>th</sup> Chronic Illness and Disability Conference: "Transition from Pediatric to Adult-based Care," is used with permission from Baylor College of Medicine, Houston Texas.